



Response to Office Action

application number 10/709,477
filing date May 7, 2004

Entitled: Method and Systems for Rehabilitating and Retraining the Neck
Musculature

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Date March 27, 2008

1. (currently withdrawn) A method for utilizing inhibitory relaxation for the neck muscles, said method comprising:

Providing a device for fitting around the neck and over the shoulders of an individual;
Providing a mechanism for grasping the ends of the device;
Placing said device around neck of an individual;
Said individual grasping said device with crossed arms; and
Contacting a first set of neck muscles slightly to relax the opposing set of neck muscles.

2. (currently withdrawn) The method of claim 1 wherein said step of relaxing a first set of muscles includes: